



NATIONAL DIABETES PREVENTION AND CONTROL

WHAT IS THE PUBLIC HEALTH PROBLEM?

- More than 17 million Americans have diabetes, including nearly 6 million who do not know they have the disease.
- Since 1991 the national prevalence among adults of diagnosed diabetes (including gestational diabetes) increased 61% and is projected to increase 165% from 2000 to 2050.
- Diabetes is the leading cause of non-traumatic, lower-extremity amputations; chronic, irreversible kidney disease; and blindness among working-age adults.
- Diabetes contributes to over 200,000 deaths each year.
- Diabetes increases the risk of heart attack and stroke two to four times.
- Diabetes costs nearly \$132 billion annually in direct and indirect costs.
- Type 2 diabetes, once considered an adult chronic disease, is now found in children and teenagers.

WHAT HAS CDC ACCOMPLISHED?

CDC supports state and territorial Diabetes Prevention and Control Programs in all 50 states, Washington, D.C., and 8 territories to reduce the complications associated with diabetes. The programs identify high-risk populations, improve the quality of diabetes care, involve communities in improving diabetes control, and increase access to diabetes care by improving and expanding services. The programs also inform and educate health professionals and people with diabetes about the disease and its complications.

Example of program in action: Washington State Diabetes Prevention and Control Program and Qualis Health (formerly PRO-West) sponsored the Washington State Diabetes Collaboratives I and II. This is a quality improvement project for primary care practices to improve the health outcomes of people with diabetes. Seventeen practice teams and 10 health plans participated in WSDC I and 30 practice teams and 7 health plans participated in WSDC II. Among 981 patients followed from 1999 through 2001: blood sugar decreased on average by approximately 10%; and the prevalence of patients who had poor blood sugar control decreased from 24% to 17%.

WHAT ARE THE NEXT STEPS?

Diabetes incidence is increasing at an alarming rate, and more people are getting diabetes at a younger age. A multifaceted national diabetes program implementing surveillance, prevention research, community and health system interventions and communication strategies through state and national partners is needed to control this serious public health challenge. In support of Secretary of Health and Human Services Tommy Thompson's *Steps to a HealthierUS* prevention initiative, CDC plans to increase the number of basic implementation diabetes prevention and control programs, expand prevention research and surveillance activities to address the unique needs of women and children with diabetes, develop and implement a national public health strategy to address type 2 diabetes in children and expand the educational activities of the National Diabetes Education Program.

For more information on this and other CDC programs, visit www.cdc.gov/programs.

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